

Soprepared... "Fun with a Side of Easy"

<u>Staple/ Pantry Items:</u>	<u>Produce:</u>	<u>Shelf Stable:</u>
Dried Oregano	Sweet Onions - 1 sm, 1 med	1 can Garbanzo Beans
Kosher salt & Black Pepper	1 small Shallot	Sesame Oil
Red pepper flakes	11 cloves Garlic	Peanuts (chopped to top noodles)
2 ½-3 cups Chicken Broth	8 cups Kale, or 16 oz baby Kale	14 oz can San Marzano Tomatoes
Cider Vinegar	1 large Tomato	8 oz Clam Juice
Cajun Spice Blend	2 pints Cherry/Grape Tomatoes	1 cup Olives (your favorite)
Olive Oil	4 sweet potaotes	
Butter / Earth Balance "Butter"	Cilantro	GF noodles if not using Squash
2 Tbs Smoked Paprika	Parsley	
Ground Cumin	1 Lemon	
Coconut Oil	4 cups Arugula, 1 sm pkg	
2 Tbs Tamari	1 english Cucumber	
1 Tbs Maple Syrup	4 med or 6 lg Summer Squash	
Sriracha	1 small bunch of Scallions	
6 Tbs Peanut Butter	2 cups Sugar Snap Peas	<u>Meat/Dairy:</u>
Tomato Paste	4 Portobello Mushroom Caps	¼ lb Bacon
Sauvignon Blanc / Dry White Wine	1 Heart of Romaine	2 lb Pork Tenderloin
Dried Thyme	8 oz pkg Baby Spinach	3 lb Chicken, cut into 10 pieces
Tabasco	1 ripe Avocado	1 ½ lb white Fish Fillets
Dijon Mustard		4 Rib Eyes 1" thick, 6-8oz each
Sugar	<u>Frozen Section:</u>	2 oz crumbled Blue Cheese
Champagne Vinegar (or white wine)	GF Baguette, "Against the Grain"	